Manual of Exercises in Hand Sewing

Margaret J. Blair

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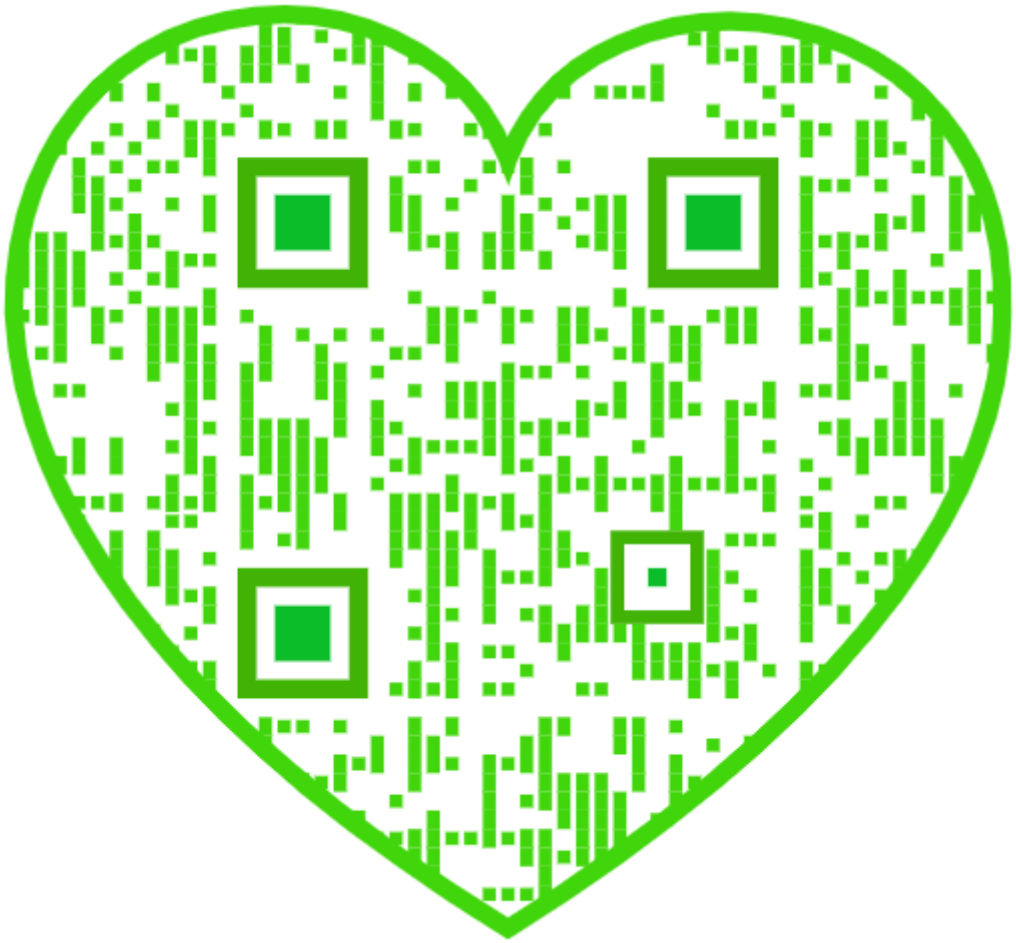

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MANUAL OF EXERCISES

IN

HAND SEWING.

ADOPTED BY

INDUSTRIAL AND GRADED SCHOOLS.

BY

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INTRODUCTION.

All educators agree that the beginning and successive steps of education must harmonize with the corresponding stages of the ch s development. This gives sewing, cutting and fashioning garments one of the first places in the succession of studies to be taken up. The child has scarcely a point of contact with the world that he so readily perceives as that made by his own garments.

A refined taste in one's dress and belongings has usually been regarded as an acquirement of adult life. But if the child is trained along wholesome natural lines, his taste will develop individuality very early.

To introduce sewing successfully in the public schools, three important points must be considered. First, the merit of the system. Second, the effect upon the school work and upon the pupil. Third, the ability or efficiency of those who superintend or teach the sewing.

Under a system which is carefully planned and properly carried out, learning to sew will become a pleasant as well as an instructive part of a child's education.

The system should be adapted to the different grades; it should be simple and practical; it should have some relation to the other school work.

In our work it touches upon animal life through the sheep, silkworm, and other creatures which in one way or another produce textile threads or the sewing implements. In much the same manner it touches upon plant life. Then, too, arithmetic, drawing, color study, physical training, geography and history may be correlated with sewing in this system. All manual training makes a pupil more active and more observing. It rests certain faculties and interests the pupil in nature. Sewing, properly taught, trains the child also in neatness.

It is a great advantage to have but one kind of work in a class, which to be taught successfully should not number more than twenty-five, as pupils need individual attention. Yet experience also teaches that it is necessary to give children a variety of work, that is, if a child does not succeed satisfactorily with the work in hand, the first time, give her another piece, and later return to the first instead of insisting that she work on the one piece until it is exact. A child who has had the industrial work used in the kindergarten or lower grades, will have had training to prepare her readily to take up the sewing in the fourth grade. The first work given should be a piece of canvas and some of the simple stitches used in sewing. This ensures regularity of stitch, as well as the method of

making it. It is also better to give children the coarser materials at first, as their little hands need training in holding their work before they take up fine work. The next material placed in the pupil's hands should be gingham or half-bleached muslin. The stripes of the gingham will be a guide for the stitches, thus training the pupil to sew straight. As the different kinds of material are taken up, the teacher should instruct the pupils concerning them, and should give instruction in the use of the implements in the sewing basket.

The sewing basket, which in itself will be a delight to the child, should be well equipped with scissors, needles, thread, thimble, tape-line, and emery. The orderly keeping of this basket will not fail to be a source of pride to the small girl.

A well graded system of sewing will include regular examinations for which a text book outlining the requirements and suggesting questions will be quite indispensable. Essays dealing with some branch of sewing,—the implements used, or describing the history of textiles from the shearing of the sheep, the planting of the cotton seed, or the beginning of the life of the silk worm,—may be required, at the judgment of the teacher.

By the time a child completes her grade work she should be well versed in the relative prices and quality of silk and gingham. She may learn at the age when she is most teachable, how to select her household lin-

en and why the firm-threaded is cheapest in the end, even if it is a little more expensive at first.

To teach sewing successfully the teacher must be able to adapt the system to her pupils and to the time she has at her disposal. Much can be accomplished even in a limited period if the essentials are properly chosen from the elementary work here outlined.

MODEL I.

STITCHES ON CANVAS.

Object: To teach regularity of stitches as well as the method of making them.

Materials: Ada canvas, size 7x9 inches. Mercerized crochet cotton, red and green, blue and orange, these colors being complementary to each other. Dull pointed tapestry needles No. 24.

Fold the canvas lengthwise to find the middle row of holes through which make a row of running stitches, using the red cotton. Since running stitches are small basting stitches of equal size, the thread should pass through each hole in the row.

Skip one row of holes, and in the next one make a row of basting stitches, using the green cotton. In this row put the needle down through the first hole up through the second, then skipping a hole insert the needle again coming up through the next hole. This makes an uneven basting stitch. Skip two rows of holes, and in the next one make a row of back stitching, using the orange cotton. In this row put the needle down through the first hole, up through the second, then back through the first again and up through the canvas one hole ahead of where the previ-

ons stitch left the canvas. Continue in the same manner across the canvas. Skip one row of holes and make a row of overhanding over the next two, using the blue cotton. In this row of stitches put the needle down through the first hole and up through the one under it. Insert the needle again in the hole next to the first one and up through the one under it. This makes a row of stitches which slant from right to left. Skip one row of holes and make a row of backstitching like the previous one.

Skip two rows of holes and beginning at the left make a row of overcasting over the next two, using the green cotton. This row of stitches is made the same as the overhanding except that it is worked from left to right and a hole is left between each stitch. Skip one row of holes and over the next three make a row of catstitching using the red cotton.

In this row begin at the left, hold the thread under the thumb of the left hand and put the needle down through the second hole and up through the first. Carry the thread across and put it down through the third hole in the third row of holes and up through the second. Carry the thread across to the fourth hole in the first row and continue as before until the row is finished. This stitch is sometimes called "herringbone" and is used to catch open the seams of flannels, in patching flannel and on raw edged hems, to avoid the ridge formed by folding the edge.

Skip one row and make another row of overcasting like the previous one. Skip two rows of holes and in the next one make a row of chainstitching using the orange cotton.

This stitch is worked towards you. Hold the thread under the thumb of the left hand and put the needle down through the first hole and up through the second, bringing it out over the thread. Insert the needle again in the second hole, putting it down at the right of the point where the thread leaves the canvas, thus holding it in place. Come up through the next hole, bringing the needle over the thread as before.

This results in a series of stitches resembling the links of a chain. The stitches should be uniform and not drawn too tightly.

Chainstitching is a method of embroidering often used for outlining patterns.

Skip a row of holes and over the next three make a row of featherstitching, using the blue cotton.

This stitch is also worked towards you. Hold the thread under the thumb of the left hand, put the needle down through the first hole in the top row and bring it up through the second hole in the middle row, bringing the needle out over the thread. Take the second stitch on the opposite side, pointing the needle toward the middle row of holes. For the second stitch the needle should enter the canvas in the third row of holes opposite the second one in the middle row, and come up through the third hole in the middle and over the

thread, which is held down by the thumb. Continue in the same manner until the row is completed.

Two or more stitches instead of one may be taken on each side. Feather stitch or brier stitch is often used in embroidery and fancy work, as well as in sewing. It is used very often in finishing the seams, hems and tucks of flannel garments. The beauty of featherstitching is in uniformity of the stitch.

Skip one row of holes and make another one of chainstitching like the previous one.

Skip one row of holes and over the next three make the loop stitch, using the red cotton.

This stitch is worked from left to right, holding the edge of the material towards you.

Hold the thread under the thumb and put the needle down through the first hole and up through the second one beneath it, bringing it out over the thread. Repeat this process until the row is completed. Loop stitch is used to secure and ornament the edges of woolen materials. It is also used for working the edges of doilies by making the stitches close together.

The row of running stitches being in the middle of the model, repeat all the other stitches on the other half of the model. Overcast the ends of the model with the red cotton, leaving half an inch for fringing.

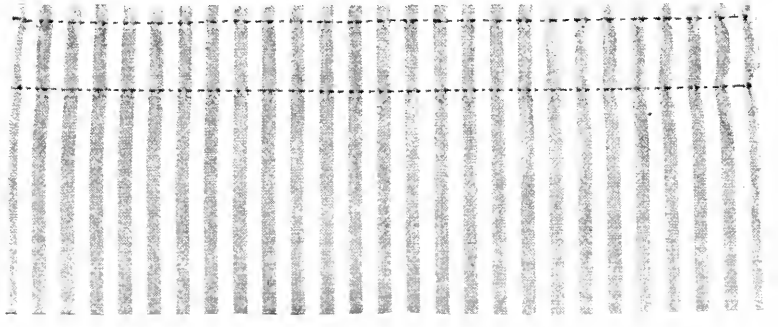
MODEL II.

RUNNING STITCH.

Object: To learn the running stitch and its use.

Material: A piece of striped gingham or half-bleached muslin; size 6x3 inches, needles No. 8, thread No. 60 (red).

Turn a half inch fold on one edge of the muslin and, beginning at the right to sew, take several small



Model II.—Running Stitch.

even stitches upon the needle at a time and sew across, keeping the line of sewing one-eighth of an inch from the fold or following the stitch in the gingham. Great care should be taken to fasten the thread firmly and neatly. This is done by taking two stitches in the same place, one over the other.

A second row of stitches should be made one-half inch below the first. The teacher should work for regularity of stitch and of spaces, and if the stitches are exactly even, as they should be, the work will look the same on both sides.

Running, which is composed of small stitches of equal size, is used in seams that are not subject to much strain, in darning, and in gathering.

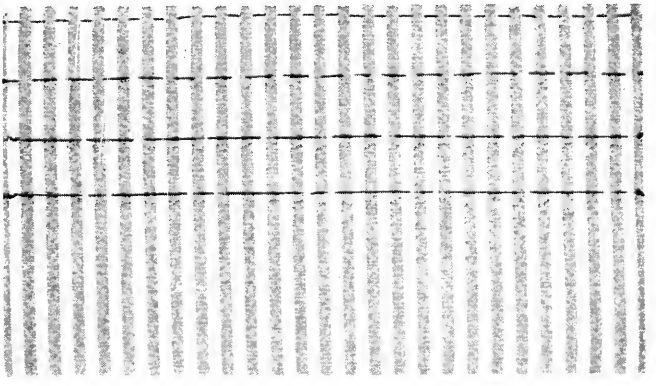
MODEL III.

BASTING STITCHES.

Object: To learn how to baste.

Material: Gingham or half-bleached muslin 6 by 6 inches, needle No. 8, thread No. 60 (red).

Turn a half inch fold on one side of the muslin; commence at the right and baste across the material one-eighth of an inch from the edge. In basting the knot is left on the right side so as to be easily removed



Model III.—Basting Stitch.

when the basting threads are cut and drawn from the work. The thread is fastened the same as in running.

The first stitches in the model are small, even

basting stitches, one-eighth of an inch underneath by one-eighth inch on top. This method of basting is used for the seams of any garment that is to be fitted.

The next is an uneven basting stitch one-eighth inch underneath and one-fourth inch above. This is used for basting seams that are to be overhanded.

Then comes an uneven basting, one-eighth inch by one-half inch which is used for basting hems or seams for machine sewing.

The next basting, which is composed of three stitches, each one-eighth inch long and a stitch three-fourths inch, is used for basting the seams of skirts, and gives firmness for fitting.

A pupil should be taught the need of basting all work before it is sewed, since basting stitches keep the work in place and the line of basting should be so straight that it will serve as a guide for the stitching.

MODEL IV.

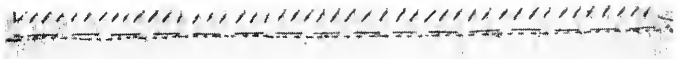
SEWED SEAM.

Exercise: A basting; B sewing; C overcasting.

Object: To learn how to sew a seam.

Materials: Two pieces of gingham or unbleached muslin 3 by 6 inches, No. 8 needle and No. 60 thread (red).

Place the two pieces of material together and baste one-fourth inch from the edge, using an uneven basting



Model IV—Sewed Seam.

stitch. Sew just below the basting, taking three or four short running stitches of even length. In the next three commence with a back stitch by inserting the needle where it left the cloth in the next to the last

stitch of the previous three running stitches. Continue sewing in the same manner until the seam is finished. Fasten the thread as in running. In this seam the pupil should be taught to sew without a knot, but to fasten the thread by taking one stitch, drawing the thread nearly through the material, then taking one or two stitches back to where the first was started. Finish the seam by overcasting the edges so that they will not fray or ravel.

Before overcasting the seam, the edges, if they have raveled very much, may be carefully trimmed. The overcasting is begun with a knot which is concealed by taking the first stitch from the inside of the piece nearest the seam sewed. Beginning at the left make the stitches over the raw edge. When properly made the overcasting stitches should be uniform, the distance between them and the depth being the same.

MODEL V.

BAG.

Object: To teach overhanding.

Exercises: A, overhanding; B, hemming; C, running.

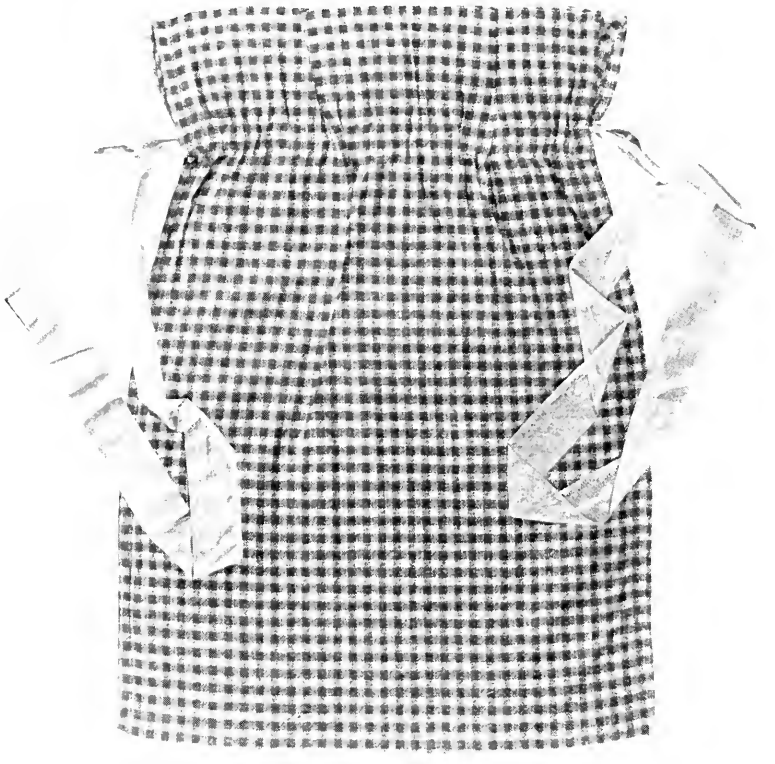
Materials: Gingham 5 by 18 inches, thread No. 70 (white), needle No. 8.

First make a hem on the two long sides of the gingham, teaching the pupil to turn over the edge one-eighth inch, creasing it and then turn the fold down the desired width for the hem and baste it. In this place the hem should be but a little more than one-eighth inch in width. When hemming the pupil should be taught always to insert the needle at the same angle and to take the same quantity of material on the needle. The space between the stitches should always be the same.

In hemming the knot can be hidden in the hem. Take up two threads of the material, slant the needle up through the edge of the fold. For the next stitch insert the needle very nearly underneath the point where the thread left the material and proceed as before. Across the ends make hems one and three-fourths

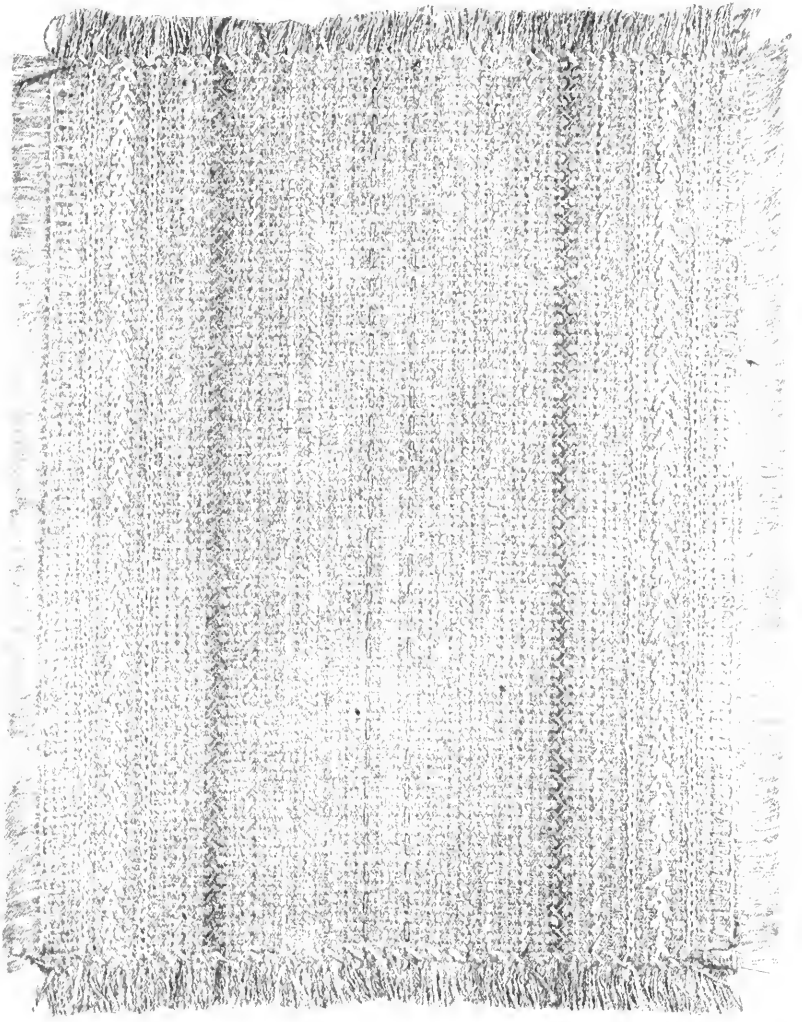
inches wide. Baste the sides of the bag together and overhand the seams up to the wide hems.

Hold the work firmly between the thumb and fore-finger of the left hand, never over the first finger, as



Model V—Bag.

in a long seam one side will be taken up more than the other and the ends will come out unevenly. Commence at the right to sew. Put the needle through both edges at right angles with the seam and with the point towards the seamstress. The stitches should not be too far apart, too deep, nor too tightly drawn, or a



STITCHES ON CANVAS.

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ridge will be formed when the seam is opened. One-quarter inch above the hemming of the wide hems put in a row of running stitches, thus forming a space for the cord or tape. In order that the bag may be easily opened, or closed, two pieces of the cord or tape are used. Insert one in the space prepared for it, carry it through both sides and out at the same place from which it started. The other cord goes in on the opposite side, also coming out where it entered. The place where the cord or tape is joined should be hidden in the hem.

MODEL VI.

THREE-CORNERED DARN.

Exercise: A, darning; B, loop-stitch.

Object: To learn how to mend a tear.

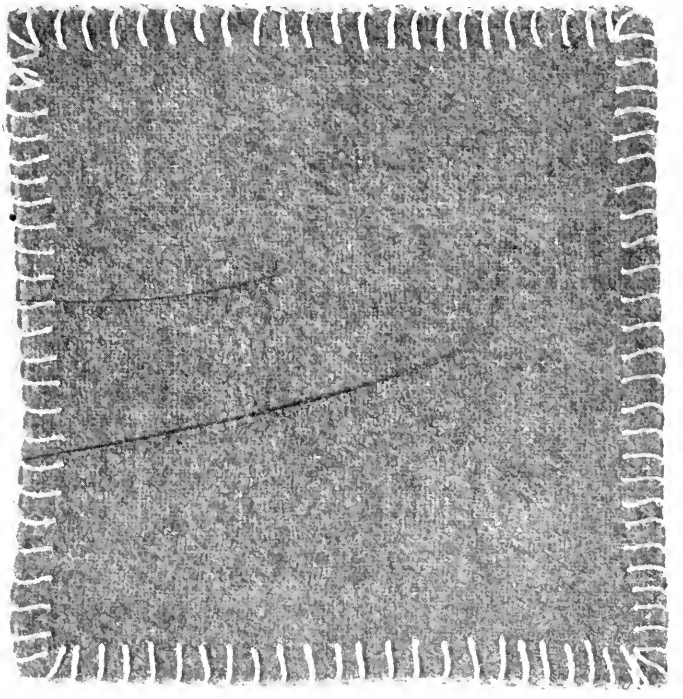
Materials: Piece flannel 4 by 4 inches, thread same color as flannel, No. 60, No. 8 needle, mercerized spool cotton.

Cut a three-cornered hole in the flannel (Fig. VI) then with thread the same color draw the corners neatly together with several running stitches, holding the tear firmly between the thumb and first finger of the left hand, to prevent the edges from raveling.

The corners in place, draw the sides of the tear together in the same manner. Begin darning at one end using fine running stitches. Care should be taken to carry the thread the same distance from the tear, each time, and not to draw the thread. Ragged edges should not be cut away but darned down. Always darn on the right side, and when finished press on the wrong side. If it is well done it can scarcely be noticed.

Finish the edge of the model with the loop stitch, using the mercerized cotton. Bring the needle up through the edge of the material and holding the thread

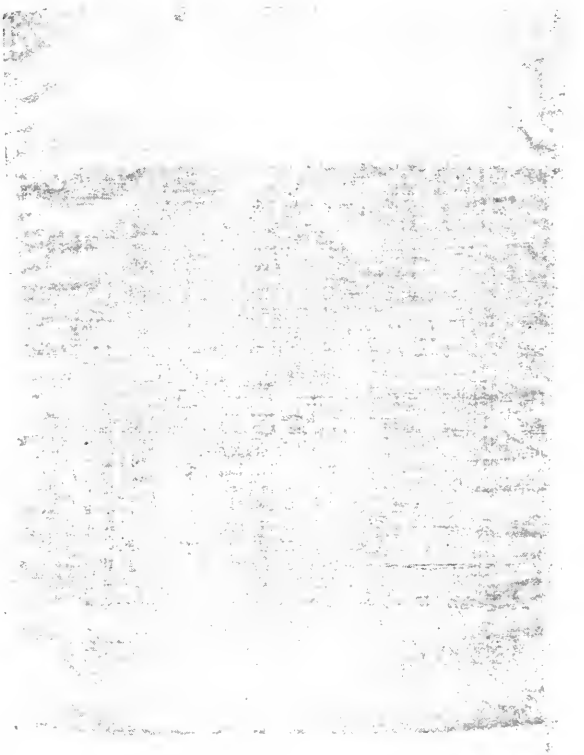
down with the thumb of the left hand, insert the needle in the material again at the desired depth and bring it out over the thread. Proceed in the same manner to the



Model VI
Three Cornered Darn.

corner where one stitch should come directly over the corner, and in the stitch preceding and the one following the needle is inserted in the material at the same point.

This stitch is worked from left to right.



Model VII Sheet.

MODEL VII.

MODEL SHEET.

Exercise: A, turning hems; B, basting; C, hemming.

Object: To learn how to hem.

Materials: White muslin 6 by 10 inches. White thread No. 80, needle No. 9.

Turn and baste a hem one-eighth of an inch wide on the lengthwise sides of the model. Hem these hems and for the top of the sheet turn a hem one and one-half inches wide and for the foot one that is one-half inch wide. The ends of hems should be overhanded together.

Model VIII – Pillow Slip.

MODEL VIII.

MODEL PILLOW SLIP.

Exercises: A, basting; B, overhanding; C, overcasting; and D, running.

Object: Teaching different stitches used on pillow slip.

Materials: White muslin 7 by 8 inches; No. 9 needle, No. 80 thread.

Baste the selvedge edges together one-eighth of an inch from the edge. Fold back the torn edges one-fourth of an inch and baste as for selvedges. Overhand these two seams by fastening with two little stitches over each other.

As the beginning, joining, and fastening of the thread varies in the different kinds of seams, the teacher should take special care to have the pupil thoroughly understand and carefully follow instructions.

In overhanding the work is held firmly lengthwise between the thumb and first finger of the left hand, but *never* over the finger which will cause the seam to be uneven.

Overcast the raw edges and finish the pillow slip with a hem an inch wide.

Model IX — Apron.

MODEL IX.

APRON.

Exercises: A, hemming; B, gathering; C, putting on band.

Object: To teach gathering and putting on a band.

Materials: Gingham 7 by 7; thread No. 80 (white), needle No. 9.

Baste and hem a hem one-eighth of an inch wide on each side of the apron. Across the bottom of the apron make a hem three-fourths of an inch deep. Fold the apron to find the middle, notching it at the top, take on the needle at a time as many small running stitches as possible. Draw the stitches together on the needle and fasten the thread by winding it over and under the eye and point of the needle. Then hold the gathers between the thumb and finger of the left hand, and with the other pull each gather in place. Unwind the thread and pull the needle through. Repeat with each needleful. Place the notch to the middle of the band and spread the gathers so that they will cover a space three and one half inches wide. Holding the gathers toward you, baste and then half backstitch them to the band. Fold over the band so as to cover the gathers and turn in the edges. When basted, overhand the ends and edges of the band, but hem it down across the gathers.

MODEL X.

MODEL TOWEL.

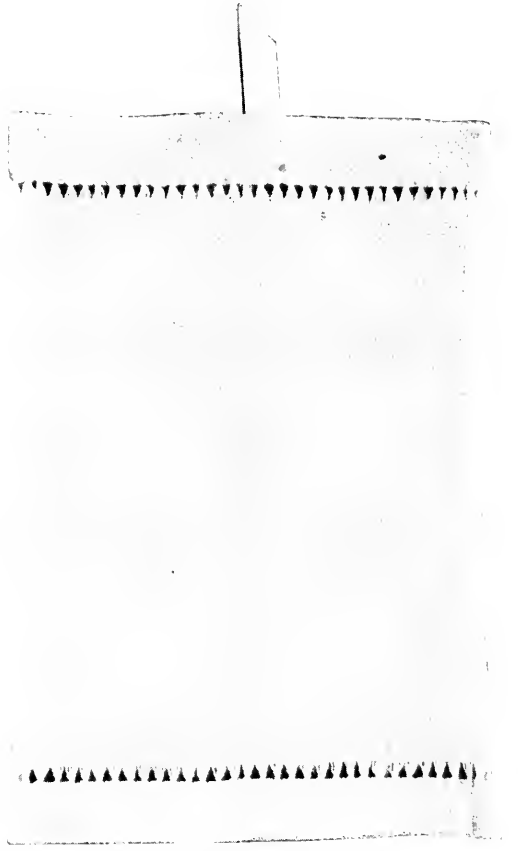
Exercises: A, drawing threads; B, hems; C, hemstitching; D, sewing on tape.

Object: To teach how to hemstitch, and sew a tape on a towel.

Materials: Crash or glass toweling 4 by 7 inches, tape 3 inches, thread No. 60 (white), needle No. 8.

Measure up from the edge one and one-fourth inches, and with the point of the needle pick out one of the coarser threads, removing it carefully with the right hand, so as not to break it. Six threads should be drawn. Make narrow hems on each side of the towel and then turn the hems at the ends, creasing the edge one-eighth of an inch and baste them even with the threads first drawn. Fasten the threads in the hem at the left side, and pointing the needle towards you, take up four or five of the cross threads. Draw the needle through and take one stitch as in ordinary hemming, being careful not to take the stitch too deep. Repeat this until the hem is completed. As both edges of the drawn threads are to be hemstitched, repeat the operation on the other side. Hemstitching is one of the neatest methods of finishing the ends of towels.

Overhand the ends of the tape together, a little more than the depth of the hem. Place the overhanding on the tape to the middle of the hem, so that the



Model X—Towel.

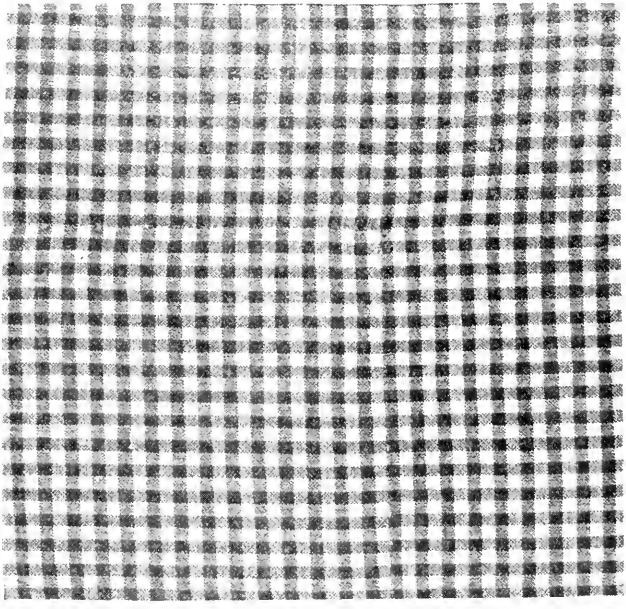
raw edges will be towards the end. Stitch it down. Then turn the tape back so as to cover the stitching and hem it down all around. This will prevent the tape from pulling off easily. A linen or cotton tape should be used for towels.

MODEL XI.

OVERHAND PATCH.

Object: To teach how to set in a patch.

Exercises: A, basting; B, overhanding; C, overcasting.



MODEL XI. OVERHAND PATCH.

Materials: Blue checked gingham cut in two pieces, 6 by 6 and 3 by 3 inches; thread No. 90 (white), needle No. 9.

Cut out of one corner of the 6 by 6 inch piece a square $2\frac{3}{4}$ by $2\frac{3}{4}$ inches, then cut the corners diagonally one-eighth of an inch. Fold over one edge of the patch and one edge where it is to be joined, each one-fourth of an inch. Place the sides together, having the folded edges even and baste. Overhand one side of the patch, remove the basting and sew the other side in the same manner. Care should be taken to exactly match the checks and not to take the stitches too deep. Press on the wrong side and if instructions are carefully followed it will not show where patch has been set in. Overcast the raw edges of the patch. Finish the model with a hem on all sides one-eighth of an inch wide.

MODEL XII.

DOLL'S SKIRT.

Exercises: A, drafting doll's skirt; B, basting seams; C, sewing seams; D, overcasting; E, placket hole; F, gathering; G, putting on band; H, hem.

Model XII. Doll's Skirt.

To draft a skirt for a doll two measurements are required—the length and the width around the hips.

Table of Measurements:

Hip	Top of Front	Bottom of Front	Top of Side Gore	Bottom of Side Gore	Back
12	2	3	4	8	12
13	$2\frac{1}{8}$	$3\frac{1}{8}$	$4\frac{1}{8}$	$8\frac{1}{8}$	$12\frac{1}{8}$
14	$2\frac{1}{4}$	$3\frac{1}{4}$	$4\frac{1}{4}$	$8\frac{1}{4}$	$12\frac{1}{4}$
15	$2\frac{3}{8}$	$3\frac{3}{8}$	$4\frac{3}{8}$	$8\frac{3}{8}$	$12\frac{3}{8}$
16	$2\frac{1}{2}$	$3\frac{1}{2}$	$4\frac{1}{2}$	$8\frac{1}{2}$	$12\frac{1}{2}$
17	$2\frac{5}{8}$	$3\frac{5}{8}$	$4\frac{5}{8}$	$8\frac{5}{8}$	$12\frac{5}{8}$
18	$2\frac{3}{4}$	$3\frac{3}{4}$	$4\frac{3}{4}$	$8\frac{3}{4}$	$12\frac{3}{4}$

The measurements taken for the doll's skirt illustrated were:

Hip .....14 inches

Length .....10 inches

Front: For the front, measure down to 1, one-fourth of an inch for the curve at the top, and from 1 to 2 the required length. From 1 measure down to 3, or to the largest part of the hip, to find the hip line, and from 3 measure out to 4, the width of the front on the hip line. From 2 measure out to 5 the width of the bottom of the front breadth. Draw a line from the top of the paper through 4 to 5 and mark off the length of skirt, 6, and from the bottom of the front draw a curved line from 2 to 6. At the top measure in one-fourth inch to 7, and draw an outward curved line to an inch and a half above 4. Draw a curved line from 7 to 1 for the top of the front breadth.

Side Gore: For the side gore, measure down to 1, one-half inch for the curve at the top. From 1 measure down to 2 the required length, and from 1 to 3 find

the hip line. From 3 measure out to 4 the width of the side gore on the hip line, and from 2 out to 5 the width of the bottom of the side gore.

Draw a line from the top of the paper through 4 to 5 and mark off the length of the skirt, 6. From 1 measure in one-fourth inch to 7, and draw an outward curve to the point one and one-half inches above 3. Draw a curved line from the top of the second seam to 7 for the top of the side gore, and connect 2 and 6 with an outward curved line for the bottom. The back breadth should be a straight piece. Having drafted and cut the pattern the pupil should be taught to place the pattern on the material so as to waste as little of the cloth as possible.

Cut the front on a lengthwise fold of the material. The back is a straight piece and should be cut first.

The measurement from 1 to 3 should be reduced one-fourth of an inch for each inch decrease in the length of the doll, or increased in the same proportion for a large doll.

Baste the seams together using an uneven basting stitch. Make a sewed seam, sewing just below the basting, overcasting the edges of the seam.

Cut an opening for a placket in the center of the back two and one-half inches long. Make a hem one-half inch wide on the right side and a hem one-eighth of an inch wide on the opposite side, turning the hem to the right side. Place the wide hem over the narrow

one and finish across the bottom with two rows of back-stitching, one-sixteenth of an inch apart.

The back is gathered across the top.

Place the center of the front to the center of the band, which for a skirt of this measurement should be cut eleven inches long and one and one-half inches wide. Baste the band on, holding the skirt towards you, then sew, using the half backstitch. Turn the band over to the wrong side thus covering the seam, and hem it down. The ends of the band should be overhanded.

Make a hem three-fourths of an inch wide around the bottom of the skirt.

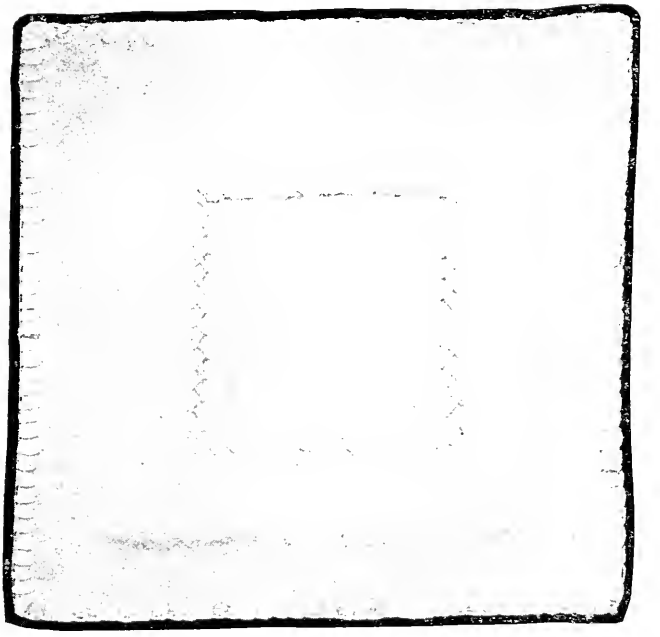
Place a button and button hole in the band of the skirt.

MODEL XIII.

FLANNEL PATCH.

Object: To learn how to patch flannel.

Exercises: A catstitch.



Model XIII.—Flannel Patch.

Materials: Flannel squares 5 by 5 and 2 by 2 inches. Mercerized spool cotton; needle No. 7.

Cut a hole in the center of the large piece of flannel one inch square. Baste the patch evenly over the hole. Turn the patch over and catstitch it on around the hole, being careful not to leave any of the threads of the fabric free to ravel. If the stitches are taken just over the raw edges and are not too large, the edges of the hole or patch need not be turned in.

Finish the model around the sides with the loop stitch.

MODEL XIV.

BUTTONHOLES.

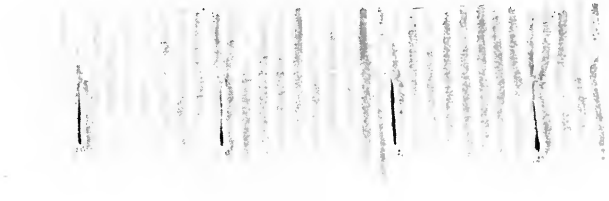
Object: To learn how to make buttonholes.

Exercises: A, overhanding; B, making buttonholes.

Material: Striped gingham 4 by 5 inches, thread No. 50 (white), needle No. 8.

Fold the gingham twice so that there will be three thicknesses, turn in the raw edges, baste and overhand them together.

The pupil should be taught to find the width of the button and then to gauge the buttonhole scissors



MODEL XIV — BUTTONHOLES.

so that the button hole when cut will be a little larger than the button.

In making the button holes always use buttonhole scissors to cut them, letting the pupil practice first either on paper or muslin until she thoroughly under-

stands using them. Overhand the edges closely, but not any deeper than is necessary to hold the threads. In working the buttonhole always begin at the end farthest from the edge of the material, working from the right towards the left, holding the buttonhole firmly between the thumb and first finger of the left hand and parallel with the seamstress. Insert the needle with the point toward the worker, drawing it but halfway through. Take the two threads at the eye of the needle and bring them around under the point of the needle from right to left. Draw the needle out and pull the thread up at right angles to the buttonhole, thus forming a knot, or purl, on the edge. The next stitch is done in the same way. Care should be taken to make each stitch exactly the same depth and the same distance apart. The space between the stitches should be the width of the needle, which will leave room for the purl at the edge.

When the buttonhole has been worked across one side, turn the end by making several stitches close together, so that the buttonhole will be rounded. Continue on the other side, taking the last stitch opposite the first. Finish the buttonhole with a bar, which is made by taking four stitches down through the first stitch taken and up on the opposite side through the last stitch taken. These stitches should be drawn tightly so as to bring the sides close together.

Work several buttonhole stitches over them, being careful not to catch into the material. Fasten the

thread by bringing it through to the wrong side and taking two small stitches one over the other.

The pupil should start with a thread long enough to complete the buttonhole, but if it is found to be too short the thread may be fastened on the wrong side. A new thread may also be fastened in the same way and brought up through the last purl. Proceed with the buttonhole stitch as if a new thread had not been necessary.

A child will need more than ordinary attention in making a buttonhole in order that she may learn the correct method.

For bands or wherever there is much strain on the button, the buttonhole is cut in the direction of the pull. On the shirt waist front or where there is little strain the buttonhole is cut at right angles to the pull.

MODEL XV.

SEWING ON BUTTONS.

Object: To learn how to sew on buttons.

Exercises: A, overhanding; B, sewing on buttons.

Material: Gingham 4 by 5 inches, 4 buttons, No. 8 needle, No. 70 thread (white).

Fold over one of the lengthwise edges of the gingham, then fold it twice more so as to have three thicknesses of the material. Baste one-eighth inch from the folded edges, using a small uneven basting stitch and then overhand the edges. In sewing on the buttons

Model XV—
Sewing on Buttons.

draw the needle through the material from the upper side, one-half inch from the folded edge, so that the knot may be concealed under the button. Bring the needle up to the right side again and through a hole in the button. Place a pin across the top of the button,

leaving it there while the button is securely sewed on. Remove the pin which will loosen the stitches and bring the needle up between the button and material; wind the thread several times around the stitches and fasten it on the wrong side.

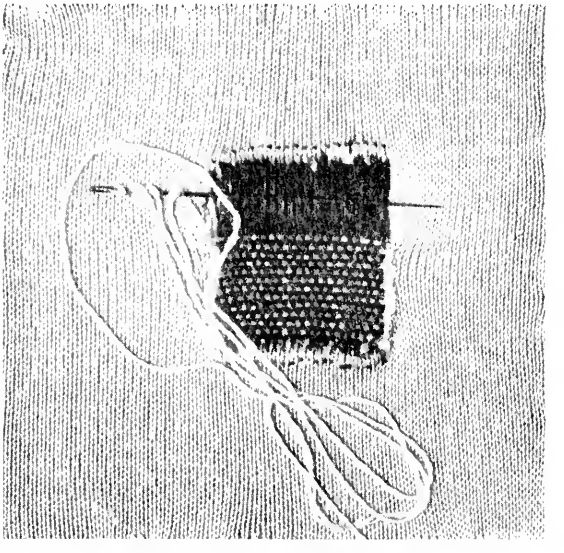
Using the pin in this way makes room for the material when the garment is buttoned. This method of sewing on a button is the one most commonly used.

MODEL XVI.

STOCKING DARNING.

Object: To teach the method of darning hosiery.

Materials: Card board 3½ by 3½ inches. Stockinet 3 by 3 inches, darning cotton, black, and same shade as the stockinet. Darning needle No. 7.



Model XVI—Stockinet Darn.

Baste the stockinet firmly on the card board to prevent its being stretched or drawn out of shape, and cut the hole in a line with the stitches. Remove the cut

loops, and run a thread around the hole, about one-fourth of an inch from the edge. Form the warp thread of the black darning cotton, which should be very close together, by bringing the darning cotton up through the loop stitch at one edge and down through the stitch on the opposite edge. All of these stitches should be taken up so that they will not ravel back after the darn is completed, and so that there will be no roughness on the right side of the stockinet. A small loop of the darning cotton should be left at each end to allow for shrinkage in washing.

When the warp threads are all in, begin at the lower right hand side of the hole to fill in the woof threads, taking up the alternate threads of the warp. In the next row only those threads missed in the preceding one are taken up. The woof threads should be put in as close together as possible. Continue in the same manner until the hole is filled. Both the warp and woof threads should be carried at least one-fourth of an inch beyond the hole in the stockinet so that the darning may be firm and not pull away from the worn edges of the stockinet.

MODEL XVII.

RUNNING AND BASTING.

Object: To teach running and basting, and straight sewing.

Exercises: Running and basting.

Materials: Unbleached or half-bleached muslin 6 by 12 inches. Needle No. 8, thread, 60 (red).

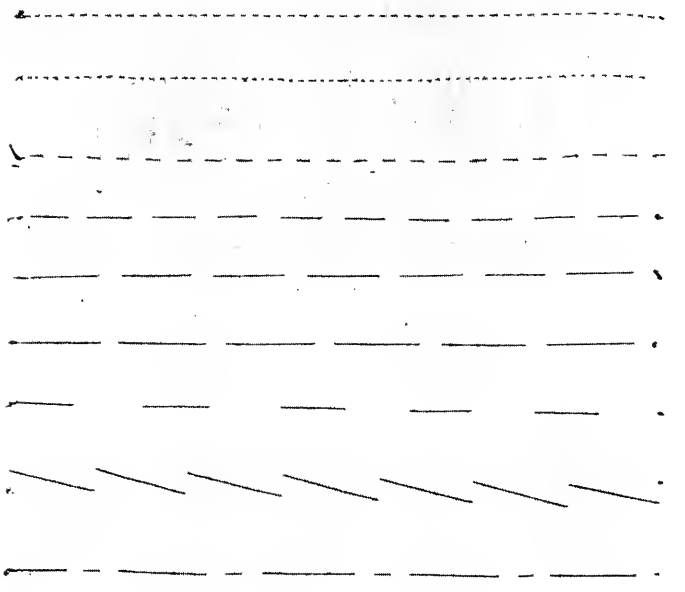
Turn a half inch fold across one end of the muslin. Beginning at the right one-eighth of an inch from the edge, make a row of small even running stitches. Hold the work firmly between the thumb and first finger of each hand, and using as free wrist motion as possible, take several stitches on the needle at a time. Continue in the same manner until the row is finished. One-half inch below the first line of running stitches, make another just the same.

Turn a fold one-fourth of an inch wide across the other end of the model, and bring the fold up so that it will be half an inch below the last row of running stitches, basting it with white thread to hold it in place.

One-eighth of an inch below the second fold, make a row of even basting stitches that are one-eighth of an inch underneath and one-eighth of an inch on top, using

the red thread. This is the method of basting any garment that is to be fitted, as a waist or jacket. The stitches being small the seams will not stretch apart.

One-half inch below these stitches make a row of uneven basting stitches that are one-eighth of an



Model XVII
Running and Basting.

inch underneath and one-fourth of an inch on top. When hems are to be hemmed by hand or seams overhanded, whether selvedge or a fold, they should be basted with this stitch.

The third row is also an uneven basting stitch and is one-eighth of an inch underneath and one-half of an

inch on top. Following this are basting stitches one-eighth by three-fourths of an inch and one-half by one-half of an inch, a crosswise basting, which is used to join a material to a lining. The last row is composed of three-eighths of an inch stitches and a long stitch. This basting stitch is the best for basting the seams of a skirt.

All of the lines of sewing on this model begin with a knot on top and are finished by taking two small stitches over each other.

MODEL XVIII.

FRENCH SEAM, BACKSTITCHED AND HALF BACKSTITCHED SEAM.

Object: To teach the method of making a French seam and a Backstitched seam.

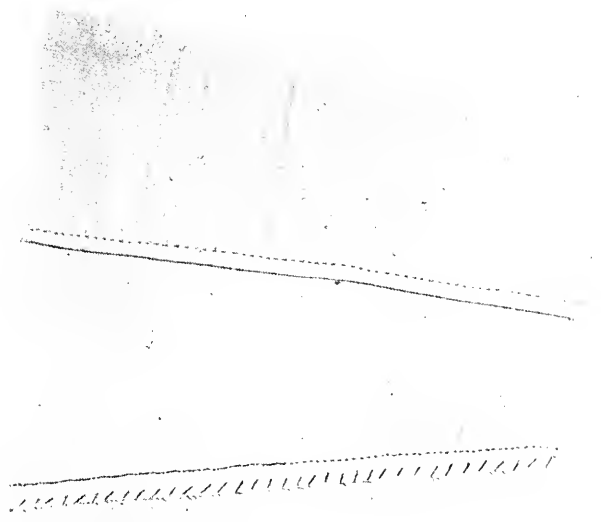
Exercises: Running, backstitching and overcasting.

Materials: Unbleached or half-bleached muslin cut into three pieces, 3 by 6 inches and $5\frac{1}{2}$ by 6 inches. The latter should be folded to cut two pieces each $2\frac{1}{4}$ by $3\frac{1}{4}$ inches. Needle No. 8, thread 60, red.

Baste the straight sides of one of the $2\frac{1}{4}$ by $3\frac{1}{4}$ pieces to the 3 by 6 piece, basting one-eighth of an inch from the edge and making the seam on the right side of the material. Sew the seam with a back stitch and two or three running stitches, making them just below the line of basting. Having fastened the thread securely, remove the basting, trim the seam one-eighth from stitching and turn the seam to the wrong side and sew it again, making the second row of stitches far enough below the first row so that the raw edge will not show on the right side.

For the second seam baste the two bias edges to-

gether making the line of the basting one-fourth of an inch from the edge. Sew half the seam just below the basting with the backstitch using a half backstitch for the last half of the seam. This stitch is similar to



Model XVIII—
French Seam Back-stitched and Half Back-stitched Seam.

the back stitch, the difference being that the needle is put only halfway back in the preceding stitch, thus leaving a space between the stitches. This stitch is

used for sewing on gathers. Finish the seam by overcasting the raw edges beginning at the left and taking the stitches loosely through and over the edges. To make the stitches uniform the distance between them and the depth should be the same.

MODEL XIX.

FELLED SEAM. HEMMED SEAM.

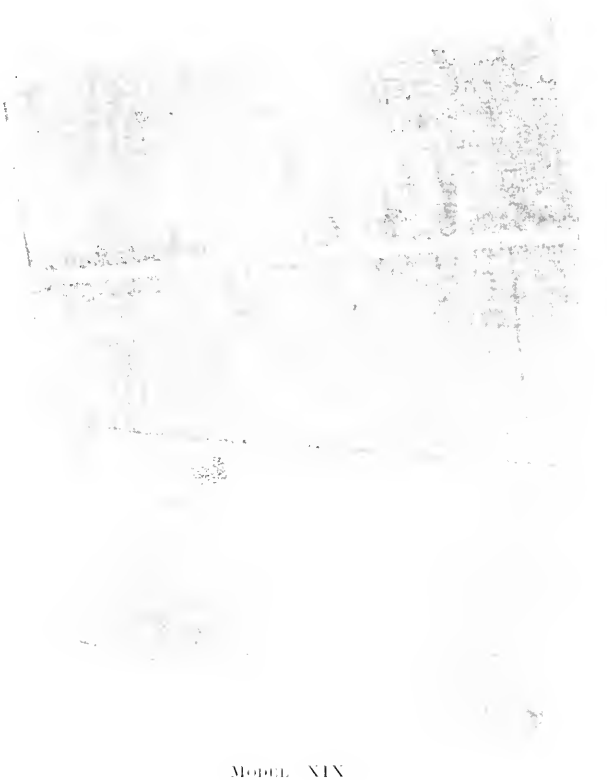
Object: To learn the method of making felled and hemmed seams.

Exercises: Sewing a seam and hemming.

Materials: Long cloth or any soft bleached muslin cut into three pieces, 3 by 6 inches and $5\frac{1}{2}$ by 6 inches. The latter should be folded so as to cut two pieces each $2\frac{1}{4}$ by $3\frac{1}{4}$ inches. Needle No. 9, thread, white, No. 90.

Baste the straight side of one of the $2\frac{1}{4}$ by $3\frac{1}{4}$ pieces to the 3 by 6 piece, making the line of basting one-fourth of an inch from the edge. Just below the basting sew the seam using a backstitch and several running stitches. Fasten the thread securely, and trimming the edge toward you one-eighth of an inch fold the untrimmed side over the cut side and baste it down on the material, making a flat seam. It should then be hemmed by hand, even though in the garment making the first stitching should be done by machine, for on a garment this seam is usually a bias seam and when laundered the hand sewing will be less liable to break than machine hemming. This seam is more easily

laundered than the French seam and is, therefore, better for most undergarments.



Model XIX
Felled Seam. Hemmed Seam.

In making the hemmed seam, place the bias edge of the third piece overlapping the bias edge of the other one-fourth of an inch and baste through the center. Then crease and hem alike on both sides.

A knot should be used in these seams and finished

by fastening with two small stitches one over the other.

In the backstitching the stitches should all be of the same length and when finished the stitching should look like machine sewing on the right side.

MODEL XX.

OVERHANDING.

Object: To learn overhanding.

Exercises: Overhanding, hemming and sewing on lace.

MODEL XX.—OVERHANDING.

Materials: Long cloth, or any soft bleached mus-

lin, cut in two pieces each 3 by 7 inches, with the selvedge on one side. Needle No. 9, thread No. 90, lace 9 inches.

Baste the selvedge edges together one-eighth of an inch from the edge, using the one-eighth by one-fourth basting. Beginning at the right, overhand the two edges together. If the stitches are taken too deep long stitches will appear on the right side when the seam is opened out flat. They should not be made too close together or drawn too tight or a ridge will be formed. Make a hem an eighth of an inch wide on the two long sides of the model and an inch hem across one end. Hem the ends of lace one-eighth of an inch wide. Find the middle of the lace and pin it to the middle of the model. Pin the end of the lace to the edge of the model. Quarter both lace and model and pin those points together. Continue in the same way until the divisions have become quite small. Then, holding the lace toward you, overhand it on, putting the needle through each mesh in the edge of the lace.

MODEL XXI.

FACED AND EXTENSION HEMS.

Object: To learn the method of making faced and extension hems.

MODEL XXI —
FACED AND EXTENSION HEMS.

Exercises: Turning hem and hemming.

Materials: Long cloth or very soft bleached muslin, cut into three pieces, two of them 6 by 4, the other 6 by 2 inches; needle No. 9, thread No. 90, white.

Place the long edge of the two 6 by 4 pieces together, baste and sew, using two running stitches and a backstitch. Sew the smaller piece on the opposite side for a faced hem and press the seam open, to make it turn easily. Make a hem an eighth of an inch wide on the two long sides of the model. For the extension hem fold over the edge of the larger piece one-eighth of an inch and baste it on a line with the seam and hem. For the faced hem turn a fold on the edge of the small piece one-eighth of an inch wide and fold the piece over on the center piece, turning it on the seam; baste and hem it down.

MODEL XXII.

MODEL TOWEL.

Object: To teach double hemstitching and sewing on of tapes.

Exercises: Hemming and hemstitching.

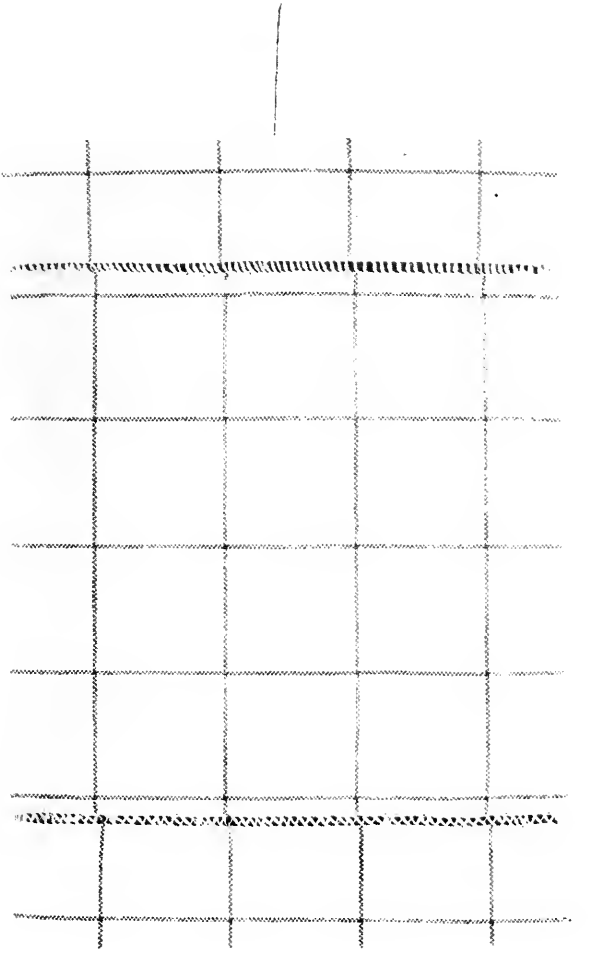
Materials: Crash, 4½ by 8 inches, needle No. 8, thread No. 80 (white), linen tape size No. 1.

One and one-half inches from the ends draw six threads which is the correct number to be drawn in all materials to be hemstitched. Before hemstitching the ends of the towel, hem the sides with a narrow hem. Then turn a hem on the ends of the towel, basting it even with the first thread drawn.

Fasten the thread in the hem at the left side and pointing the needle towards you, take up four or five of the cross threads. Draw the needle through and take one stitch, as in ordinary hemming, being careful not to take the stitch too deep. Repeat this, until the hem is completed. Since both edges of the drawn threads are to be hemstitched, repeat the operation on the other side.

Fold the tape and overhand the sides together from the ends, up to the depth of the hem.

Sew the tape on the wrong side of the towel, placing it so that the raw edges will be towards the end,



Model XXII—Towel.

and stitch it on. Then turning the tape back so as to

cover the stitching, hem it down on each side. This will make it strong and not easily pulled off.

A flat loop should be sewed on a jacket or skirt band. The ends of the tape should be turned under and hemmed down. A row of back stitching made across the tape, one-eighth of an inch from the ends, will make the tape more durable. A woolen or silk tape is best for dresses.

MODEL XXIII.

ROLLED AND HEMSTITCHED HEMS.

Object: To learn the method of making rolled and hemstitched hems, gathering and putting on a ruffle.

Exercises: Hemming, hemstitching, gathering and backstitching.

Materials: Long cloth or any soft bleached muslin 6 by 7 inches. For the ruffle, the same material 9 by 1½ inches. Needle No. 10, thread No. 100.

The sides of this model are finished with a rolled hem, which is made by rolling the edge of the material between the forefinger and thumb of the left hand, hemming as rolled, using the plain hemming stitch. Measure up five-eighths of an inch, and crease for a tuck. Baste a tuck three-sixteenths of an inch wide, and back stitch on the right side, making the line of stitches just below the basting.

For the ruffle, measure up five-eighths of an inch from the edge and draw six threads for a hemstitched hem. Make a rolled hem on the two ends of the ruffle, then baste and hemstitch the hem. To gather the ruffle, take as many small running stitches on the needle at a

time as possible. Draw the stitches together on the needle, and hold them in place by winding the thread

Model XXIII — Rolled and Hemstitched Hems.

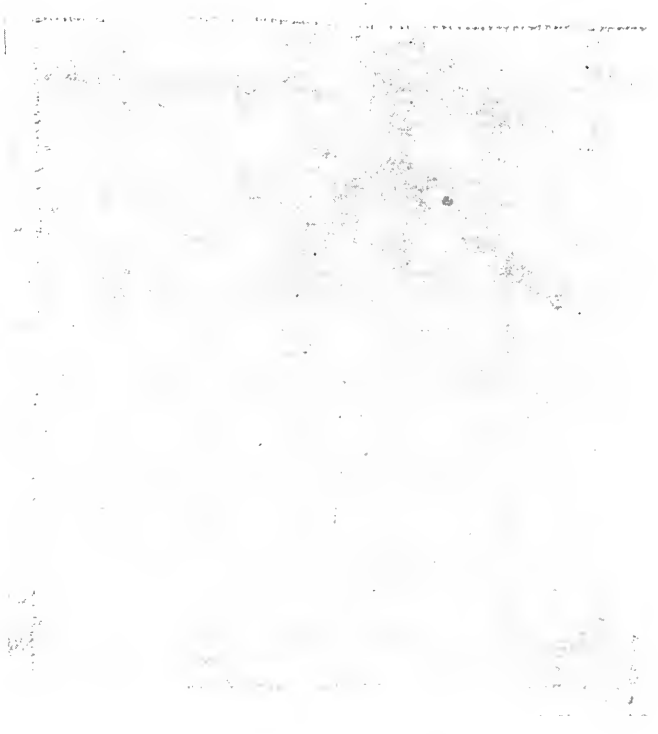
over and under the eye and point of the needle. Then hold the gathers between the thumb and finger of the left hand, and with the other pull each gather in place. Unwind the thread, and pull the needle through. Continue in the same manner until the ruffle is gathered.

All garments should be divided into fourths, before putting on the ruffling. If the ruffle is also di-

vided in the same way and the divisions placed opposite each other, the fullness will be evenly divided.

In basting a ruffle on a garment, always hold the fullness towards you, then sew on the line of gathers with a half back-stitch. Turn the seam up, and baste the tuck down over it, then backstitch.

Ruffles put on with the tuck are much more serviceable and laundry better than those with the finishing braid or facing.



Model XXIV French Hems.

MODEL XXIV.

FRENCH HEM.

Object: To learn the method of hemming table damask.

Exercise: Overhanding.

Materials: Damask 5½ by 6 inches; needle No. 9, thread No. 80 (white).

Fold a hem on two adjoining sides of the damask, from one-eighth to three-sixteenths of an inch wide, according to the quality of the linen. Before beginning to hem open out the hem, and fold the corner towards you, creasing it one-eighth of an inch outside of the point where the creases of the hems meet. Cut off the corner on the crease, then fold the hem at the right of the bias edge. Then, holding the wrong side toward you, fold the hem back and crease the material so as to make it even with the hem. Overhand the folded edges together, being careful not to take the stitches too deep into the cloth, thus preventing long stitches on the right side. Turn the hem on the second side and fold under the bias edge on the corner and hem it down. Continue in the same way to overhand the remaining hems on the model.

MODEL XXV.

HEMS ON WOOLEN MATERIALS AND THREE-CORNERED DARN.

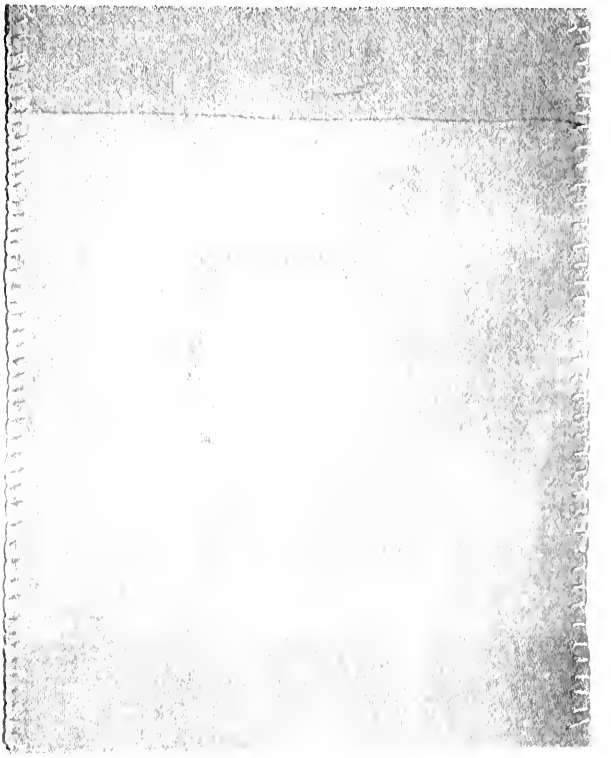
Object: To learn blind hemming and the slip stitch hemming, and how to mend a tear.

Exercises: Hemming, darning and the loop stitch.

Materials: Blue Albatross or Henrietta 4½ by 8 inches. Spool silk letter "A" and spool twist letter "D," the same shade as the material. Needles, Nos. 10 and 8.

Fold over the material one-fourth of an inch to the right side and baste it down, then fold a hem one inch wide, basting not only the edge of the hem but also the fold. To make a blind hem the stitches should be taken so they would not show. To do this take up one or two threads of the material and before drawing the needle through take up one-fourth of an inch in the fold. Continue in this manner, being careful not to draw the threads tightly. The hem on the opposite end of the model is the slip stitch hem, which is made by first folding over the material to the wrong side one-eighth of an inch and baste it down, then turn a hem one inch wide, basting it as for a blind hem; to hem it, take up one thread of the cloth then one of the

fold a little farther ahead, then of the cloth, etc. Keep the stitches in line with the thread of the material instead of diagonally. This hem is used on woolen ma



Model XXV

Hems on Woolen Materials and Three Cornered Darn.

terials where the stitches are not to show on the right side. It is often used in hemming silk or velvet.

Finish the two sides of the model with the loop stitch.

In the center of the model cut an opening one and one-fourth inches each way, bringing the two cuts at right angles to each other.

First draw the corners together, then holding the edges firmly run them together (see corner and top of illustration), using the warp of the same material as that being darned.

After drawing the edges of the tear together begin at the bottom to darn. Ragged edges should not be trimmed, but weave the stitches over and under so as to fold down each torn thread, being careful not to draw the thread very tight, and thus cause the darn to become puckered. When finished press the darn on the wrong side and if it is well done it can scarcely be noticed.

Great care should be taken to have the needle and thread used for darning proportioned to the thickness of the material to be darned. Always darn on the right side of the material, and if possible use the warp of the material being darned.

MODEL XXVI.

GATHERING AND GAUGING AND PUTTING ON A BAND.

Object: To learn the method of gathering, gauging and putting on a band.

Exercises: Hemming, gathering, gauging, half backstitching and overhanding.

Materials: Long cloth or any soft bleached muslin, cut in three pieces, the large piece being $5\frac{1}{2}$ by $5\frac{1}{2}$ inches and the bands $2\frac{1}{4}$ by $1\frac{1}{2}$ inches and $1\frac{1}{4}$ by $1\frac{1}{4}$ inches. Needles Nos. 8 and 9; thread No. 90 (white).

Hem the two long sides of the model with a very narrow hem; then gather one end. Fold over the ends of the band one-eighth of an inch. Pin the gathered end of the model to the band and draw up the gathering thread so that both will be the same width. Baste and half backstitch the gathers in place; fold the opposite side of the band down over the gathers, baste and hem it down on the line of stitching. The ends of the band should be overhanded.

The other end of the model is gauged by making two rows of stitches one-eighth by one-eighth of an inch and one-sixteenth of an inch apart, the stitches of the second row being exactly below those of the first.

The first row should be one-fourth of an inch from the edge. Put in the second row of stitches before draw-

MODEL XXVI.
GATHERING AND GAUGING AND PUTTING ON A BAND.

ing up to fit the band, which is put on in the same manner as for the gathering.

MODEL XXVII

GUSSETS.

Object: To learn how to put a gusset in an opening.

Exercises: Hemming and overhanding.

Materials: Long cloth or any soft bleached muslin, cut in three pieces, the large one being $5\frac{1}{2}$ by 6 inches, the gussets being 2 by 2 inches, $1\frac{1}{2}$ by $1\frac{1}{2}$ inches.

Fold the large piece lengthwise into three equal parts, cutting the openings on the fold two and one-half inches in length. Hem the openings with hems one-eighth of an inch wide at the top, graduating them so that at the end where the gussets are to be inserted the hems will be as fine as a rolled hem.

Crease each side of the smaller square one-eighth of an inch and fold so as to form a half square and baste. Beginning at the point, overhand both sides of the gusset in the opening.

This gusset is used for finishing the under arm seams of night shirts. For the other gusset, crease two adjoining sides of the larger square one-eighth of an inch. Insert the folded corner in the opening, and

overhand both sides of the gusset halfway up. Fold the gusset over to the wrong side and crease. Hold in place with the needle or a few basting stitches, so that the middle falls over the point of the gusset, and cut off the point of the square rounding. Turn under the

MODEL XXVII—GUSSETS.

edge and baste to the material, stitching the gusset so that it will fit smoothly. Hem it down. This gusset is used in the drawers placket.

The model should be finished with a narrow hem on all four sides.

MODEL XXVIII.

SKIRT PLACKETS.

Object: To learn how to make plackets in skirts.

Exercises: Hemming and backstitching.

Materials: Long cloth or any soft bleached muslin, cut in three pieces, the large one being $5\frac{1}{2}$ by 6 inches, and the placket facing $\frac{3}{8}$ by $2\frac{1}{2}$ inches, and $1\frac{1}{4}$ inches by $2\frac{1}{2}$ inches. Needle No. 9, thread No. 90.

For the hemmed placket cut an opening one-third of the width of the material from the edge and two and one-fourth inches in length.

On the left side make a hem that is one-half of an inch wide. The hem on the other side of the placket should be turned to the right side of the model, or garment, and should be one-eighth of an inch wide. Place the wide hem over the narrow one, and finish at the bottom with two rows of backstitching, one-eighth of an inch apart.

If the narrow hem is turned to the right side, the raw edge at the bottom of the placket is avoided. This placket is used on cotton garments.

The remaining placket is made by sewing the one and one-fourth inch piece to the opening, bringing the seam to the wrong side and folding the piece over and

hemming it down on the line of stitching, thus making an extension hem for the under portion. For the upper, sew the 3 by 2½ inch piece to the edge of the opening,

Model XXVIII Skirt Plackets.

with the seam on the right side, fold back on the line of stitching, turn under the edges and hem down.

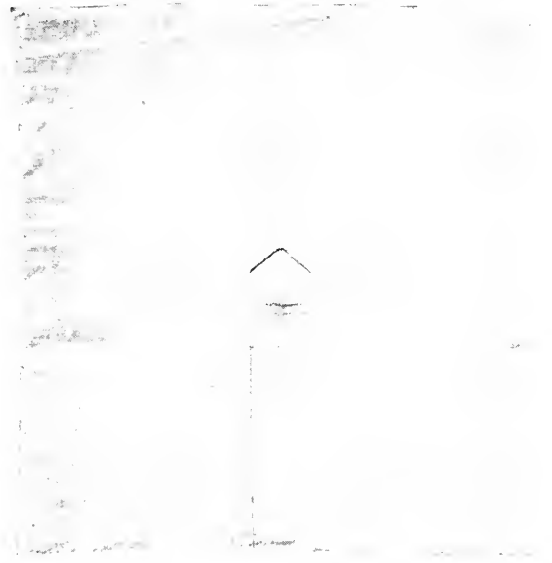
Finish the placket by hemming the left side under the right. The model should be finished with a narrow hem on all four sides.

MODEL XXIX.

SLEEVE PLACKET.

Object: To learn how to put the placket in a shirt or shirt waist sleeve.

Exercises: Hemming and backstitching.



Model XXIX—Sleeve Placket.

Materials: Long cloth or any soft bleached muslin. Cut in three pieces, the large one being $5\frac{1}{2}$ by 6 inches, the other, $1\frac{1}{4}$ by $2\frac{1}{2}$ inches. Needle No. 9, thread No. 90.

Fold the material into two equal parts, and on the fold cut an opening for the sleeve placket. Finish the opening with a narrow extension for the under side. For the upper, stitch the short side of the X piece to the opening with the seam on the right side, crease open the seam and fold the piece over so that the pointed part will be on the right side of the model or sleeve. Fold under the edges and backstitch it to the material, keeping the line of stitching close to the edge. Finish the placket with two rows of backstitching about one inch below the point, the rows being one-sixteenth of an inch apart.

Finish the model with a narrow hem on all four sides.

MODEL XXX.

MITERED CORNER.

Object: To learn the method of making a mitered corner and decorative stitches.

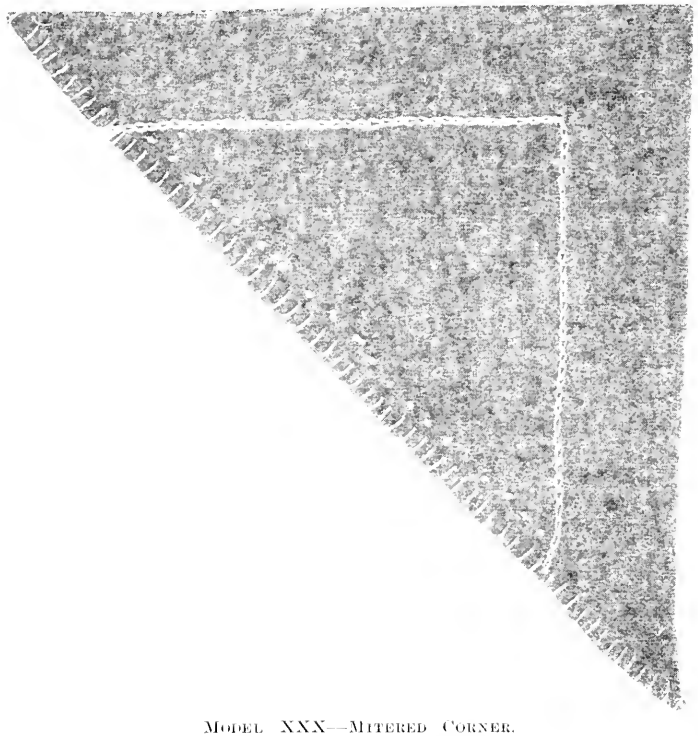
Exercises: Catstitched hem, chain stitch, French knots and loop stitch.

Materials: Gray flannel, 7 by 7 inches. Spool white silk, No. A, spool D twist (white). Needles Nos. 10 and 8.

Cut a piece of flannel 7 inches square and fold the opposite corners together, and cut on the fold, thus making a true bias of one side. Fold and baste a hem three-fourths of an inch wide, on the two adjoining straight sides, mitering the corner. That is, after creasing the hems, open them out and cut off the corner one-eighth of an inch outside of the point where the creases of the hem meet. Then fold the hems again, baste and catstitch the bias corner and the hem. It is best to catstitch flannel hems, without turning under the edges, thus avoiding the ridge made by the fold. Finish the bias edge with the loop stitch, and chain stitch along the hem on the right side.

Make a row of French knots half an inch above

the loop stitch. To make them, draw the needle and thread through to the right side of the flannel, and take one short stitch without drawing the needle through. Then taking the two threads at the eye of the needle bring them around from right to left, casting one or



Model XXX—Mitered Corner.

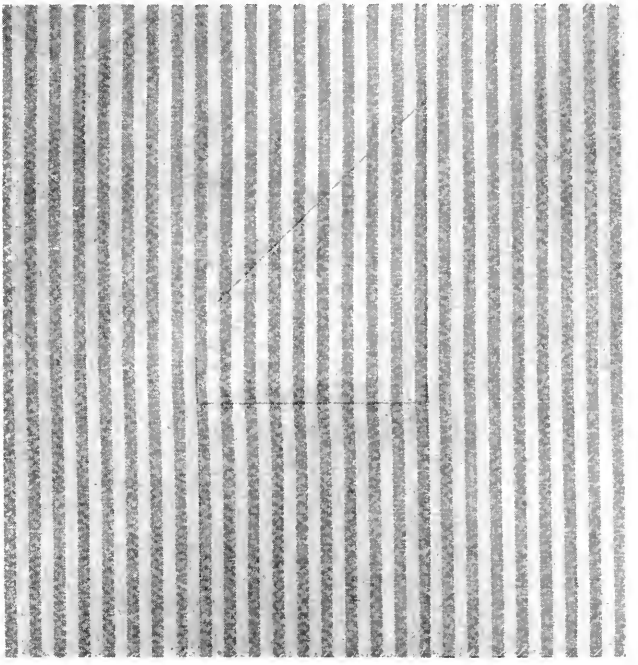
more stitches on the needle according to the size desired. Draw the needle through, holding the stitches firmly with the thumb of the left hand. Put the needle back through the material at the same point at which it was brought up. Several knots can be made without fastening the threads.

MODEL XXXI.

MATCHING OF STRIPES.

Object: To teach the matching of stripes.

Exercises: Overhanding and overcasting.



MODEL XXXI—
MATCHING OF STRIPES.

Materials: Blue and white striped gingham. Cut

in 5 pieces, two of them being $2\frac{1}{4}$ by 6 inches, one $2\frac{1}{2}$ by $2\frac{1}{2}$ inches, the other $2\frac{1}{2}$ by $4\frac{1}{2}$ folded and cut on a true bias thus making two pieces. Needle No. 10; thread (white) 100.

To match stripes on a bias. Fold over the two bias edges one-fourth of an inch, baste them together so as to match the stripes and overhand the folded edges.

To match stripes crosswise. Fold over the straight end of one of the bias pieces, also one end of the $2\frac{1}{2}$ by $2\frac{1}{2}$ pieces and baste the folded edges together, exactly matching the stripes. Overhand this seam also.

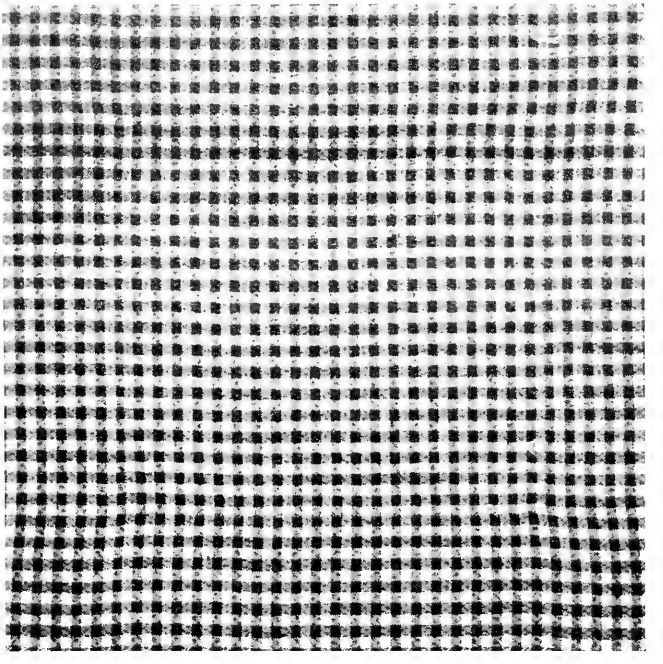
To match the stripes lengthwise. Fold over each side of the piece already joined, also one side of each of the $2\frac{1}{4}$ by 6 inch pieces. Baste one of these to each side of the first piece, exactly matching the stripes and overhand the seam. Overcast all of the seams and around the edge of the completed model.

MODEL XXXII.

OVERHAND PATCH.

Object: To teach how to set in a patch.

Exercises: Overhanding and overcasting.



MODEL XXXII—OVERHAND PATCH.

Materials: Blue and white even checked ging-

ham, cut in two pieces, 6x6 inches, and 5x5 inches. Needle No. 10; thread (white) No. 100.

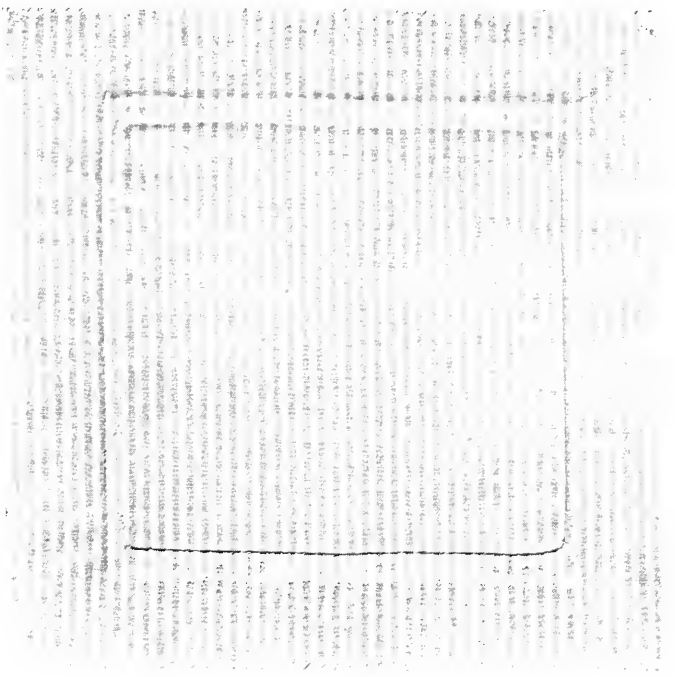
For setting in a patch, the patch should be cut one-half inch larger than the hole, which should be square or oblong. Cut the corners of the hole diagonally one-eighth of an inch. Crease one edge of the patch and the side of the hole where it is to be joined. Place the right sides together, having the folded edges even and the checks exactly matched. Baste and overhand that side of the patch. Remove the basting, crease and overhand the remaining side in the same way.

Overcast both sides of the seam and also around the edge of the model.

MODEL XXXIII.

HEMMED PATCH.

Object: To teach the method of putting on a patch.



Model XXXIII—Hemmed Patch.

Exercises: Hemming and overcasting.

Materials: Pink and white striped gingham, cut

in two pieces 6x6 inches and 5x5 inches. Needles No. 10. Thread (white) No. 100.

In making a hemmed patch, cut the patch one inch larger than the hole.

The corners should be cut diagonally one-eighth of an inch. Place the patch on the wrong side and baste through the center where the two edges lap. Fold under the right side one-eighth of an inch and hem. Turn under the edge of the patch the same way and hem. Overcast the model all around the sides.

This patch is used where both sides of a garment are to be seen, as a sheet, etc. If there are checks or figures in the material they should exactly match in any of the patches.

MODEL XXXIV.

FLANNEL SEAMS.

Object: To teach how to make seams on flannel and how to finish hems and raw edges on flannel.

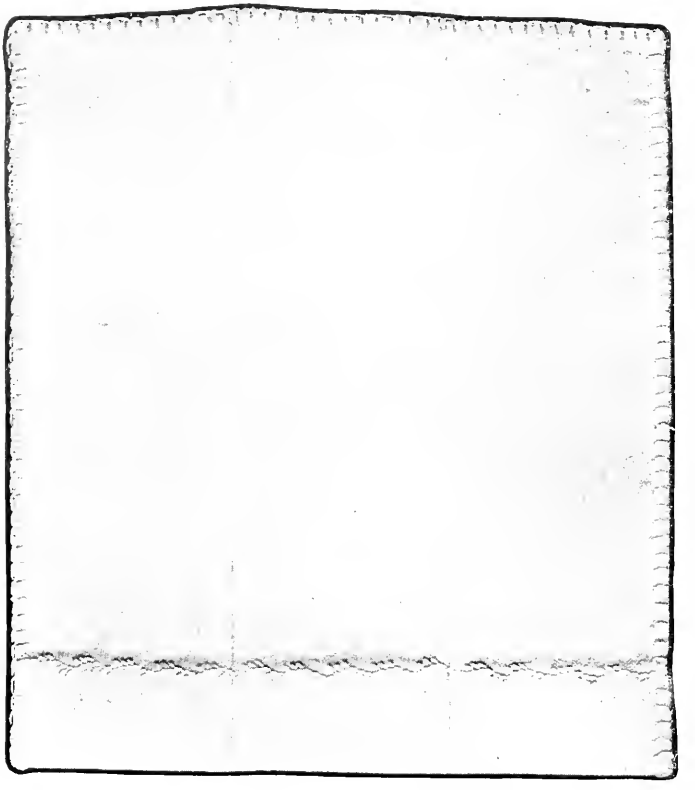
Exercises: Seaming, hemming, overcasting, the catstitch, loop stitch, and the feather stitch.

Materials: White flannel cut in three pieces, two of them $2\frac{1}{4}$x8 inches, the other $2\frac{1}{2}$x8 inches. Binding ribbon, 8 inch. Needles, Nos. 8 and 10; thread (white silk) A, twist D.

In making the flannel seams baste the $2\frac{1}{4}$x8 pieces each side of the $2\frac{1}{2}$x8 inch pieces, making the seams three-sixteenths of an inch wide. Sew the seams with the silk thread using a back stitch and two running stitches. Press the seams open. The Dorothy seam, which is used on flannels for infants, is made by covering a seam with narrow ribbon or silk tape. Baste it down on each side and hem.

Finish the other seam with a row of catchstitching through the middle, using the twist. Overcast the edges of the seam with the silk thread. Finish around three sides of the model with the loop stitch, turning the corners nicely. On the unfinished end turn up an

inch hem to the wrong side, basting and catstitching



Model XXXIV—Flannel Seams.

it down. Feather stitch across the hem on the right side.

MODEL XXXV.

BUTTON HOLES.

Object: To teach how to make button holes.

Exercises: Overhanding and button-holing.

Materials: Long cloth or some soft bleached muslin, 4½x5 inches. Needles, No. 10; thread (white) No. 80.

Fold the muslin lengthwise, so as to make three thicknesses, and overhand the edges together. Turn in the edges, baste and overhand them together.

In making button holes, always use button hole scissors to cut them. Overhand the edges closely, not taking in any deeper than necessary to hold the threads.

Model XXXV—Buttonholes.

In working a button hole, always begin at the end farthest from the edge of the material, working from the right towards the left. Insert the needle with the point towards you, drawing it but half way through. Take the two threads at the eye of the needle, and bring them

around from right to left, passing under the point of the needle. Draw the needle out so that the thread will be at right angles from the button hole, forming a knot or purl on the edge. In the first position, the needle points towards the worker; in the second, it points in the opposite direction. When the button hole has been worked across one side, work several stitches close together, so that the button hole will be rounding at the end. Work across the other side and finish with a bar, which is made by drawing the needle down through the first button hole stitch taken, bringing it up on the opposite side, through the last button hole stitch. Draw the stitch tightly, so as to bring the sides close together. Make four of these stitches, then, bringing the needle under them, work four button hole stitches on them. Draw the needle down through the cloth close to the purl of the last stitch, and fasten on the wrong side. In working a button hole, if the thread seems too short, pull the needle through the hole, and fasten the thread tightly on the wrong side, close beside the last stitch. Fasten the new thread on the wrong side, bringing the needle up through the last purl. Proceed with the button hole stitch as if a new thread had not been necessary.

MODEL XXXVI.

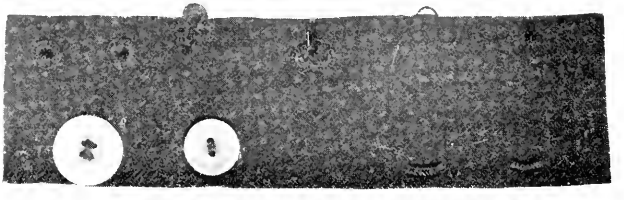
FASTENINGS.

Object: To teach how to sew on buttons and hooks and eyes, and how to make loops and eyelets.

Exercises: Overhanding and button-holing.

Materials: Albatross or Henrietta, $3\frac{1}{2}$x5 inches; a strip of lining, $1\frac{1}{4}$x$4\frac{1}{2}$ inches; three buttons, a large and a small one, each with four holes, and a medium sized one with two holes; two hooks and eyes, No. 1. Needles, Nos. 8 and 10; silk, letter A, twist D.

Place the lining on the woolen material, so that one side will come to the center of the piece, and baste



Model XXXVI—Fastenings.

it in place. Fold over the edges $\frac{1}{4}$ of an inch all around and baste them down. Place a hook at the end so that the curve of the neck will be even with the edge and sew it on firmly, taking the stitches over and over through the rings and across the shank close to the turn.

Half an inch from the hook sew on an eye in the same manner, taking the stitches through the rings and across each side of the body of the eye. Fold over the material bringing it up under the hook and even with the opposite side of the cloth. Baste and overhand the two edges together. Hooks and eyes on a garment that are to be covered are sewed on in this way.

One-half inch from the eye already sewed on, place another hook and button-hole it on. The curve of the neck should be placed even with the edge. The eye is placed one-half inch from the hook and button-holed all around, as illustrated. This method of putting on hooks and eyes is used when they are to be used on the outside of a garment, or where they will show.

A loop is used on a garment to take the place of an eye. They are made by taking six stiches, one-fourth of an inch in length, for a foundation on which the loop stitch should be closely worked, the twist or purl being drawn to the outside edge of the loop. To fasten the thread, bring the needle down through the material close beside the last stitch and fasten on the wrong side with several stitches over each other. Loops are also often made with the button-hole stitch.

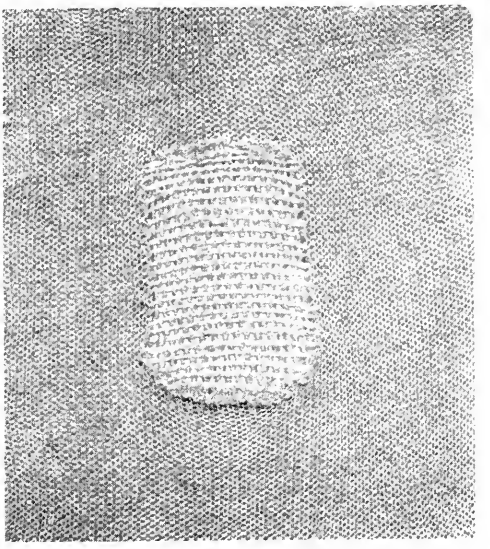
The eyelet is a round hole made in the material with a stiletto. Overhand the hole closely with twist, the stitch being firmly drawn up to strengthen the edge of the hole and keep it well open and in shape. Work the eyelet with the loop stitch from left to right. The thread should be fastened on the under side the same as in button-hole making.

MODEL XXXVII.

STOCKINET DARNING.

Object: To teach the method of darning hosiery.

Materials: Cardboard, $3\frac{1}{2}$x$3\frac{1}{2}$ inches; stockinet, 3x3 inches; darning cotton same shade as the stock-



Model XXXVII—Stockinet Darning.

inet; darning needle, No. 7. This model is made the same as the model on page 41, except the warp and woof are the same color.

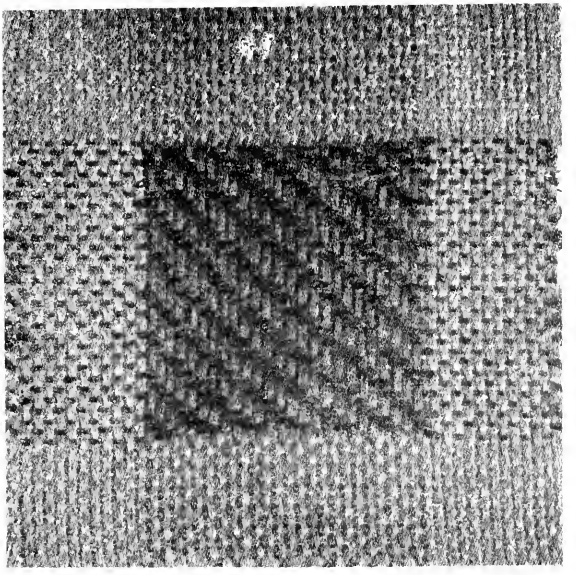
Baste the stockinet firmly on the cardboard to prevent its being stretched or drawn out of shape, and cut the hole in a line with the stitches. Remove the cut loops and run a thread around the hole about one-fourth of an inch from the edge. Form the warp threads, which should be very close together, by bringing the darning cotton up through the loop stitch at one edge and down through the stitch on the opposite edge. All of these stitches should be taken up so that they will not ravel back after the darn is completed, and so that there will be no roughness on the right side of the stockinet. A small loop of the darning cotton should be left at each end to allow for shrinkage in washing. When the warped threads are all in begin at the lower right-hand side of the hole to fill in the woof threads, taking up the alternate threads of the warp. In the next row only those threads missed in the preceding one are taken up. The woof threads should be put in as close together as possible. Continue in this same manner until the hole is filled. Both the warp and woof threads should be carried at least one-quarter of an inch beyond the hole in the stockinet, so that the darning may be firm and not pull away from the worn edges of the stockinet.

MODEL XXXVIII.

DAMASK DARNING.

Object: To learn how to mend table linen.

Materials: Ada canvas, 5x5 inches; mercerized floss, olive or Nile green.



Model XXXVIII—Damask Darning.

Overcast the edges of the canvas, with the threads of the warp. Then count in from the edge twelve holes, putting the needle through each hole. Find the twelfth

hole from the opposite side and put the needle down through it, up through the next and so on to the edge. This will leave long stitches across the center of the square, which should be not too tightly drawn. These stitches represent the warp threads that would be put in the garment to be mended.

Continue putting in the warp threads until there are only twelve holes left at the side.

To fill in the woof threads, carry the needle through each hole in the canvas to the warp threads, then take up two threads in the first row, then over two, continuing until the row is completed, carrying the threads through each hole in the canvas to the edge, returning in the same manner.

In the next row there are two threads the same length, one a little longer, and another still longer. In weaving in the second row, take up one of the shortest threads and the one next to the longest; then over the longest and one of the shortest, continuing in this way until the darning is finished.

MODEL XXXIX.

STOCKINET WEB DARNING.

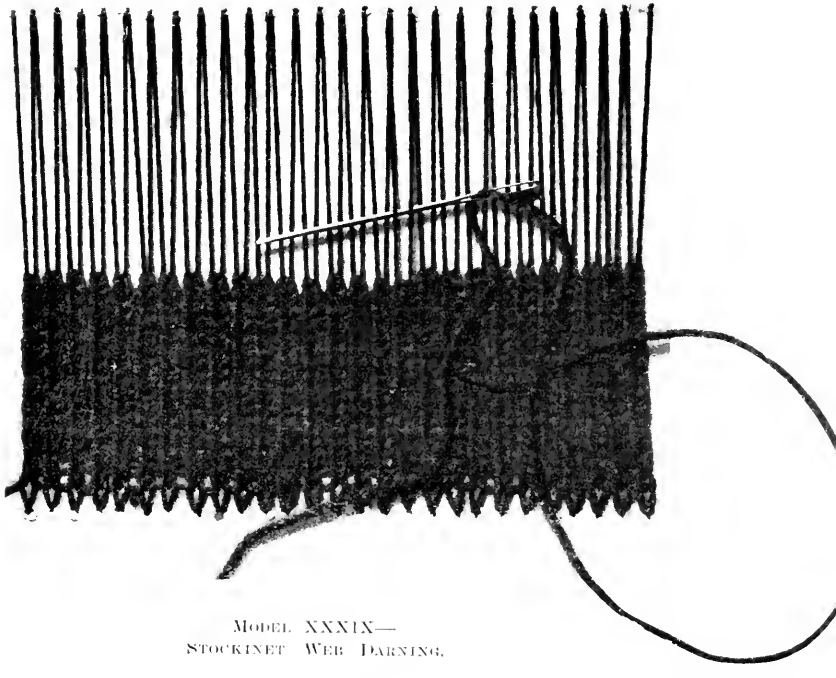
Object: To teach the weave as in knitting.

Materials: Cardboard, $3\frac{1}{2}$x$3\frac{1}{2}$ inches. Dark red saxony. Dark red knitting silk or mercerized cotton. Darning needle, No. 7.

Across the top of the cardboard prick a row of holes half an inch from the edge and one-eighth of an inch apart. On the opposite side of the cardboard make another row of holes, the same distance from the edge, and one-eighth of an inch apart. There should be a second row one-eighth of an inch below this one, the holes being opposite the others. To weave in the warp threads, begin at the bottom and bring the silk thread up through the first hole of the second row, and down through the first one in the row of holes at the top. Then up through the second hole at the top and down through the first one in the second row at the bottom, then up through the one next to it, thus making two threads in each hole except the first and last ones at the top. Continue weaving in the warp in the same manner until all the holes are filled.

Put in the first row of loops by bringing the yarn up through the first hole in the bottom row; around

the first two warp threads and back down through the same hole. Then up through the second hole, around the warp threads and down through the same hole. Continue in the same manner across the card. After



Model XXXIX—
Stockinet Web Darning.

making the last loop the needle will be on the wrong side. To weave in the warp threads the saxony should be brought to the right side of the card. This is done by bringing the thread over the side of the card and up through the first loop.

Weave in the woof by putting the needle around

two of the warp threads, down through the loop, up through the next one, and so on across the darning. In turning, bring the needle up through the first loop, then around the first two warp threads, down through the loop, and around the two warp threads. Continue in this manner until the darning is finished.

If this method of darning is carefully followed in mending silk underwear or the knees of children's stockings, it will never be noticed where the piece has been filled in.

QUESTIONS AND ANSWERS.

(1) When sewing from which direction should the light come?

If possible it should come from the left, so that the work will not be shaded by the right hand.

(2) What is correct position in sewing?

The pupil should sit straight with the table or desk, and just far enough from it so that she can lean against the back of the chair.

(3) Should the work ever be pinned to the knee?

No, because it is injurious for a child to sit in a cramped position. The work should be held up in the hands so that the head need not be bent forward too much.

(4) What articles for sewing should be in a work basket?

Shears, pins, needles, tape-line, beeswax, thread, emery, and thimble.

(5) What is the difference between shears and scissors?

If they are six inches long or over they are shears; under that size they are scissors.

(6) Name the different kinds of shears and scissors.

Straight shears and bent shears; button-hole scissors and embroidery scissors.

(7) What is a tape measure?

A piece of tape with inches and parts of inches marked on it, and it is used for measuring.

(8) Into what parts is an inch divided on a tape-line?

Into halves, quarters, and eighths.

(9) How many inches in a yard?

Thirty-six.

(10) For what is the emery ball used?

To clean the needle.

(11) What is a needle?

A small piece of steel wire, pointed at one end and having an eye at the other to receive the thread.

(12) How many needles in a paper?

Twenty-five.

(13) How do needles number?

From 1 to 12, 1's being the largest and 12's the finest.

(14) What are the different kinds of needles?

Sharps, ground downs, and betweens.

(15) Why is a thimble used?

To push the needle through the work easily.

(16) Of what materials are thimbles made?

Silver, gold, aluminum, and celluloid.

(17) How long should a needleful of thread be?

As long as the arm.

(18) How should the thread be removed from the spool?

It should be cut. Biting it injures the teeth, and breaking it makes the end uneven.

(19) How is thread numbered?

The higher the number the finer the thread.

(20) How is silk thread numbered?

It is numbered by letters, OO being the finest, then O, A, B, C, and D.

(21) What is thread made from flax called?

Linen thread.

(22) What is thread made from wool called?

Yarn.

(23) How many pins in a paper?

360.

(24) What is cloth?

Fabric woven from cotton, wool, linen, or silk.

(25) How are fabrics woven?

By placing threads lengthwise in a loom side by side, and then running in another thread crosswise over and under the first ones, from edge to edge and back again.

(26) What are the lengthwise threads called?

The warp.

(27) What are the crosswise threads called?

The woof.

(28) Which are the stronger, the warp or the woof threads?

The warp threads, because they must bear the strain of having the woof threads woven in.

(29) What is the selvedge?

The selvedge is the finished lengthwise edge which is made by the woof threads, as they are woven back and forth.

(30) Why should materials always be cut through the selvedge and not torn?

The warp threads being laid closer together at the selvedge, for strength, the material might be torn down the side.

(31) What are some of the materials woven from cotton?

Muslin, prints, gingham.

(32) What is wool?

It is a variety of hair or fleece which is shorn from sheep, the Angora, Alapaca, and Cashmere goats, and furnishes the most important material for clothing in all cold and temperate climates.

(33) What are some of the materials made of wool?

Broadcloth, cashmere, serges, and cheviots.

(34) What is linen?

It is a thread or cloth made wholly from the fibre of flax or lint.

(35) What are some of the linen materials?

Linen, lawn, damask.

(36) What is silk?

It is a soft, fine thread spun by the silk worm.

L. of C.

(37) What are some of the silk materials?

Gros grain, grenadine, brocade, satin, and surah.

(38) How are twilled goods woven?

Instead of taking up the threads regularly, as in a plain weave, a certain number of threads are taken up or dropped at given intervals, thus forming a twill, as in the damask darning.

(39) In twilled goods how would you determine the right from the wrong side?

On the right side the twill runs from left to right.

(40) Are figures always woven in?

Not always. Usually in cotton materials they are printed.

(41) Is felt woven?

No; it is made from a fur or wool pulp, which is pressed.

(42) What are running stitches?

Running stitches are small basting stitches of equal size.

(43) When are running stitches used?

Running stitches are used in seams that do not require great strength, in gathering, and several rows are used in darning and quilting.

(44) What is basting, and for what is it used?

Basting is sewing with large stitches to hold different parts of the work together, and it is also used as a guide for the stitching.

(45) How are basting stitches fastened?

By two small stitches taken in the same place.

(46) When do we use a fine basting stitch?

In a garment that is to be fitted and for hand work.

(47) When do we use a crosswise basting?

When joining a material to a lining.

(48) What is a back stitching, and for what is it used?

Back stitching is a method of sewing by which the stitches are taken backwards, the needle entering the material adjoining the preceding stitch, and coming out so that the stitch on the under side is twice the length of the upper. It is used to make a seam strong and firm and should look like machine stitching.

(49) How does half back stitching differ from back stitching?

Half back stitching is the same as back stitching, except that the needle is put only half way back, thus leaving a space between the stitches.

(50) How do overcasting and overhanding differ?

Overhanding is a method of sewing a seam and the stitches are taken from right to left, while overcasting is a method of finishing the edges of a seam and are taken from left to right.

(51) What stitches are worked from left to right?

Overcasting, catstitching, and loop stitch.

(52) What stitches are worked towards you?

Feather stitching and chain stitching.

(53) What is a French seam?

A French seam is sewed first on the right side, trimmed close to the stitching, the seam turned to the wrong side and stitched again.

(54) Where is a felled seam used?

A felled seam is used in a corset cover and drawers, and is often used in a night gown.

(55) When is a faced hem used?

A faced hem is used where there is a curved edge and the hem needs to be fitted.

(56) What is most important in sewing on tape?

Neatness and strength.

(57) Where is a rolled hem used?

A rolled hem is used on very fine materials.

(58) For what is hemstitching used?

Hemstitching is used for ornamenting a hem.

(59) How should the threads be drawn?

Always finish drawing one thread before beginning another. Six threads being the required number.

(60) How should the work be prepared for gathering?

By marking the middle and the quarters, to make the fullness even when it is sewed on.

(61) How should you hold your gathers when sewing them on a band?

They should be held towards you.

(62) Why is a French hem used for hemming damask instead of the plain hem?

It is much stronger.

(63) Where is ganging used?

Gauging is used where there is a large amount of fullness required, as in the backs of skirts.

(64) For what is a gusset intended?

To strengthen the end of an opening.

(65) Why does the gusset strengthen the opening?

Because the top is a bias fold, which is not easily torn.

(66) Where are hemmed plackets used?

Hemmed plackets are used in the straight backs of skirts.

(67) Why is a mitered corner used?

A mitered corner is used in heavy materials to avoid thickness.

(68) How is a true bias cut?

A true bias is cut by folding over a corner of the material so that the selvedge or warp threads shall run exactly with the woof threads. The fold will be a true bias.

(69) Which is the stronger, the overhand or hemmed patch?

The hemmed patch is the stronger, because there are two rows of stitching.

(70) Why is catstitching used in flannel patching?

Because the raw edges should not be turned in, thus avoiding a ridge.

(71) What should be the length of a button hole?

A button hole should be as long as the button is wide.

(72) How is a button hole prepared for working?

By overhanding the edges.

(73) At which end do you begin to work the button hole?

Commence at the end farthest from the edge of the material working from right to left.

(74) Why is a bar used in finishing?

To strengthen the button hole and keep it in place.

(75) In sewing on a button, why is a pin placed across the top of it?

So as to lengthen the stitches between the button and the material around which the thread is to be wound.

(76) Why are these threads wound?

To protect the threads and make a little space under the button for the button hole.

(77) What is an eyelet and what is its use?

An eyelet is a small round hole made and worked in a garment to receive a cord or the shank of a button.

(78) With what do we make an eyelet?

A stiletto.

(79) When is a hook and eye button-holed?

When it is used on the outside of a garment.

(80) When is a loop used?

It is used when space would not admit of using an eye.

(81) What thread should be used for darning woolen materials?

The warp thread which should be used whenever possible.

(82) How should a tear be prepared for darning?

By first drawing the corners together.

(83) What stitch is used in finishing the darn?

The running stitch.

(84) What thread should be used in stockinet darning?

A thread as near like the material as possible.

(85) Why do we use the twilled weaving in darning Damask?

Because Damask is a twilled weave.

(86) What thread would be used in darning Damask?

Use ravelings of table linen.

(87) Where is the stockinet web stitch used?

It is used in mending the knees of children's stockings and knit underwear.

(88) What is the aim in darning?

The aim in darning a tear is to repair the rent so nicely that it cannot be perceived.

(89) What should be done after a darn or patch is finished?

When a darn or patch is finished, it should be dampened and pressed on the wrong side, or a thin damp cloth can be laid on the right side and pressed.

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